

# Group Fitness Timetable - Bury St Edmunds

Club phone number: 0843 170 1044

Mon - Thurs: 6:30am - 10:00pm

Fri: 6:30am - 8:00pm

Sat & Sun: 8:00am - 6:00pm

Bank holiday opening hours: 08:00am - 03:00pm

## Monday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
10:35 - 11:35	Body Attack	All	Studio 1
10:40 - 11:25	LA Water Aerobics	All	Pool
17:25 - 18:10	Pilates	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin
18:20 - 19:20	Body Combat	All	Studio 1

## Tuesday

Time	Class	Level	Studio
06:45 - 07:30	LA Spin	All	LA Spin
09:30 - 10:30	Cardio Circuit (A)	All	Studio 1
10:40 - 11:40	Stretch & relax	All	Studio 1
17:15 - 18:00	LA Core Stability	All	Studio 1
18:00 - 19:00	Zumba	All	Studio 1
18:15 - 19:00	LA Spin	All	LA Spin
19:10 - 20:10	Body Pump	All	Studio 1
20:20 - 21:20	Yoga	All	Studio 1

## Wednesday

Time	Class	Level	Studio
09:25 - 10:25	Body Pump	All	Studio 1
10:40 - 11:25	LA Spin	All	LA Spin
10:45 - 11:45	Body Balance	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Body Pump	All	Studio 1
19:05 - 20:05	Body Attack	All	Studio 1

## Thursday

Time	Class	Level	Studio
09:45 - 10:30	Pilates	All	Studio 1
10:45 - 11:30	LA Core Stability	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin

## Friday

Time	Class	Level	Studio
09:25 - 10:25	Body Pump	All	Studio 1
10:35 - 11:20	Pilates	All	Studio 1
10:40 - 11:25	LA Spin	All	LA Spin
11:40 - 12:25	LA Water Aerobics	All	Pool
18:00 - 19:00	Body Combat	All	Studio 1

## Saturday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
10:00 - 10:45	LA Spin	All	LA Spin
10:45 - 11:45	Body Attack	All	Studio 1

## Sunday

Time	Class	Level	Studio
09:30 - 10:30	Body Pump	All	Studio 1
10:45 - 11:45	Body Combat	All	Studio 1

£ - Paid Classes

<span style="color: blue;">■</span> - Tone	<span style="color: yellow;">■</span> - Fit
<span style="color: orange;">■</span> - Train	<span style="color: red;">■</span> - Trim

**LA fitness**  
We'll get there together.